

# Healthy Dishes with Wisconsin Fishes



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This cookbook includes 25 recipes for Wisconsin fishes – most submitted by Wisconsin anglers and chefs. We hope this cookbook encourages you to try eating a different type of fish or a new way to prepare your catch to maximize health benefits and reduce your contaminant intake.

If you want to share your creative, healthy, easy-to-prepare fish recipe, please send it to [DNRFISHRECIPES@wisconsin.gov](mailto:DNRFISHRECIPES@wisconsin.gov).

For more information go to [dnr.wi.gov](http://dnr.wi.gov) and search for “eating my catch”.

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<http://dnr.wi.gov/u/?q=69>



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*Illustrations by Jens Von Sivers, Jim McEvoy, Linda Pohlod, Gina Mikel, recipe fish by Virgil Beck, photos and design by Linda Pohlod*

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## Eating My Catch

Wisconsin is filled with great fishing spots that provide countless hours of relaxation and fun. Most Wisconsin lakes and rivers provide fish that can safely and regularly be included as a low calorie, high protein part of your diet.

Fish are also a primary food source of healthy fats – omega-3 fatty acids. Different species contain different amounts of omega-3 fatty acids. Trout, salmon and sturgeon contain a higher amount of omega-3's, so 1-2 meals per month provide the recommended intake of 250 mg/day. Walleye, panfish, pike and bass contain lower amounts of omega-3's and need to be eaten 3-4 times per month to take in the same levels of fatty acids.

**Look for this symbol next to especially healthy recipes!** 

*Based on recipe ingredients, cooking method, fatty acid and contaminant concentrations.*

Omega-3's per ½ lb serving	Fish Species
<b>Higher</b>	Trout, salmon, sturgeon
<b>Lower</b>	Perch, walleye, pike, crappie, bluegill, bass

However, most fish contain at least a small amount of mercury and some contain polychlorinated biphenyls (PCBs) or other contaminants. So, it's important to know how much fish to eat and which fish to release. Follow the guidelines below for eating fish from most Wisconsin waters. Exceptions to these recommendations can be found at <http://dnr.wi.gov/topic/fishing/consumption/index.html>

### **Safe** - eating Guidelines for Most of Wisconsin's Inland (Non-great Lakes) Waters

#### **Women of childbearing years, nursing mothers and all children under 15 may eat:**

**1 meal per week** - Bluegill, crappies, yellow perch, sunfish, bullheads and inland trout;  
**and**

**1 meal per month** - Walleye, pike, bass, catfish and all other species.

**Do not eat** - Muskies.

#### **Women beyond their childbearing years (over 50) and men may eat:**

**Unrestricted** - Bluegill, crappies, yellow perch, sunfish, bullheads and inland trout;

**1 meal per week** - Walleye, pike, bass, catfish and all other species;

**and**  
**1 meal per month** - Muskies.

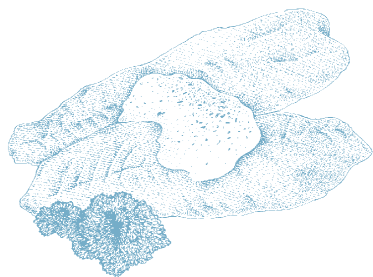
## Reducing Contaminant Intake

### To reduce your mercury intake:

- ✓ Eat smaller, younger fish
- ✓ Space out meals in which you eat fish to allow your body to get rid of some mercury
- ✓ Eat fewer large fish and predators (fish that eat each other)

### To reduce your PCB intake:

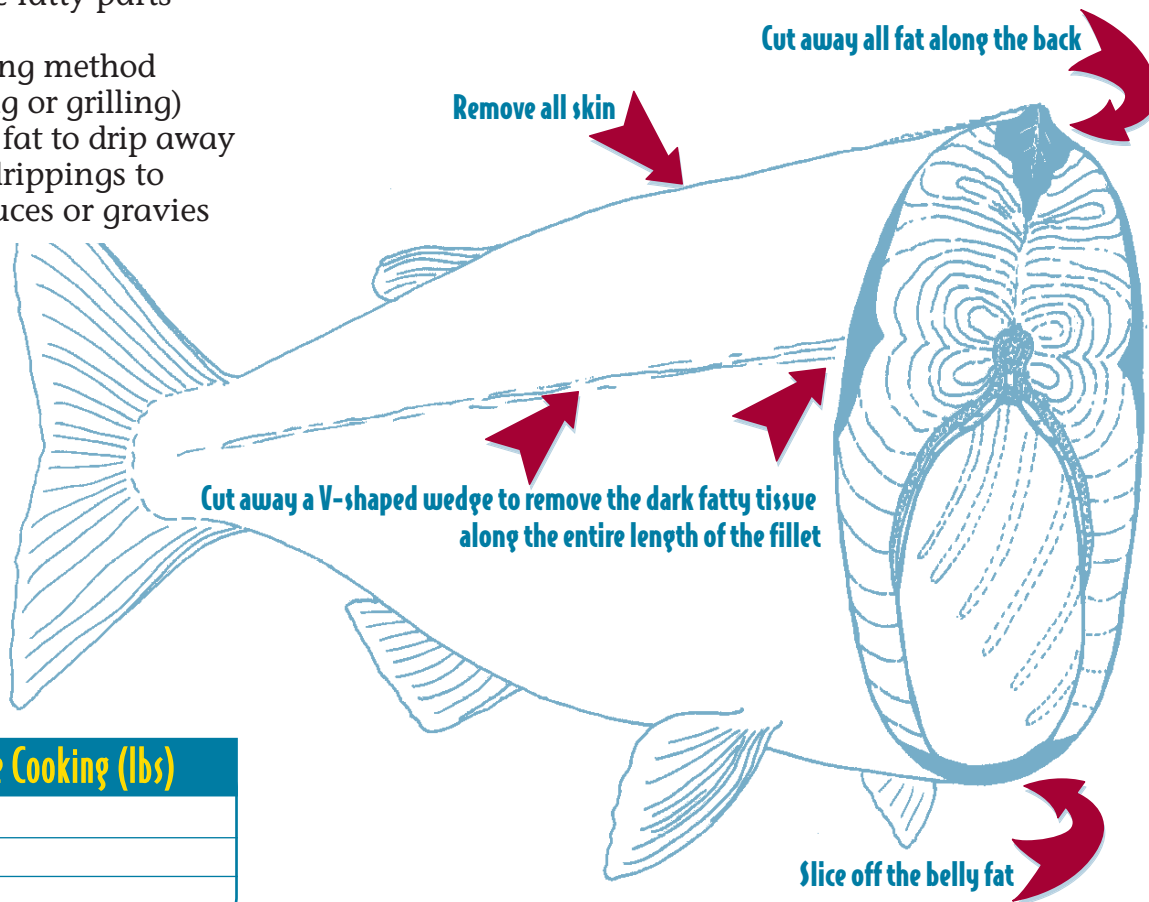
- ✓ Remove the fatty parts of the fish
- ✓ Use a cooking method (like broiling or grilling) that allows fat to drip away
- ✓ Don't use drippings to prepare sauces or gravies



## More Preparation Tips

Make sure you're eating the recommended fish serving size for your weight:

Your Body Weight (lbs)	Serving Size Before Cooking (lbs)
75	$\frac{1}{4}$
150	$\frac{1}{2}$
225	$\frac{3}{4}$



Healthy Dishes with Wisconsin Fishes



Jens Von Sivers

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**Burbot**

# Poor Man's Lobster

Submitted by: Randy Besonen of Bayfield, WI

**Recommended species for this recipe:** Burbot

## **Ingredients:**

2-3 lbs skinned fillets

4-6 cups of salted water

Favorite seasonings

Butter, melted (optional)

BEWARE of having friends over for this delicious recipe  
because you will never be able to get rid of them!

Serves: 4-6

## **Preparation and cooking instructions:**

Boil burbot fillets for five minutes in salted water and then remove.

Set oven to broil. Lay fillets on a cookie sheet and sprinkle with your favorite seasonings. Broil for 5 to 7 minutes.

Remove from oven and melt butter in microwave. Dunk fish in butter and you'll think you're eating lobster for a lot less cost.

## **Modifications:**

Recipes for Poor Man's Lobster from the cookbook *A Fine Kettle of Fish* included variations that added caraway seeds, dill seeds and chopped parsley to the boiling water. Another recipe sprinkles the fillet with paprika, salt, pepper, and butter before browning under the broiler.



# Burbot Stuffed Tomatoes



Recipe from Alaska Department of Fish and Game's Burbot Recipes Serves: 6

**Recommended species for this recipe:** Burbot

## **Ingredients:**

1-1/2 cups steamed flaked burbot

3 teaspoons chopped parsley

6 tablespoons bread crumbs

6 tablespoons fish broth

Salt and pepper

3 tomatoes

Butter, melted (optional)

## **Preparation and cooking instructions:**

Preheat oven to 350 degrees F.

Mix fish, parsley, bread crumbs, and broth in a medium bowl, then season to taste with salt and pepper.

Cut tomatoes in half. Scoop out the seeds and pulp, making sure not to puncture the bottom, and fill with the fish mixture.

Place in a greased baking dish and bake for 20 minutes. While tomatoes are baking, baste with melted butter, if using.





# Creole Burbot



Recipe from Alaska Department of Fish and Game's Burbot Recipes Serves: 8

**Recommended species for this recipe:** Burbot

## **Ingredients:**

2 tablespoons butter

2 onions, sliced thin

4 stalks celery, chopped

1 tablespoon flour

1 teaspoon salt

2 teaspoons chili powder

3/4 cup water

2 cups tomatoes, chopped

2 cups cooked peas

1 tablespoon white vinegar

1 teaspoon sugar

2 cups cooked, flaked burbot

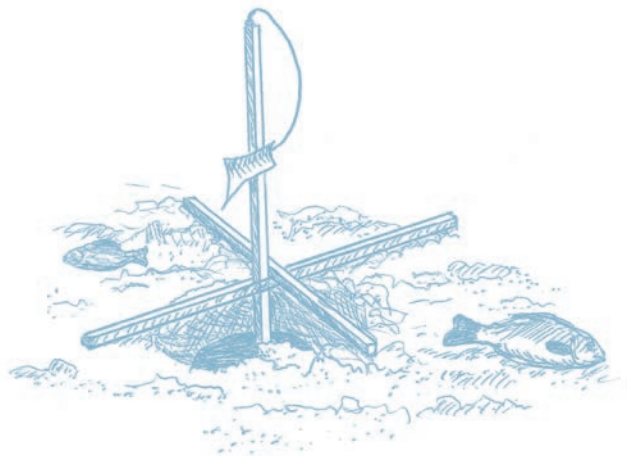
3 cups cooked rice

## **Preparation and cooking instructions:**

Melt butter in a large pan over medium high heat, then fry onions and celery until lightly browned. Add flour and mix until smooth.

Add salt, chili powder and water slowly. Simmer for 15 minutes.

Add tomatoes, peas, vinegar, sugar and fish. Cook until heated through. Serve over cooked rice.





# Alfredo Catfish

Submitted by: James Bobb of Cornell, WI

**Recommended species for this recipe:** Catfish  
(preferably channel catfish)

## **Ingredients:**

***3 skinned catfish fillets (18-25")***

***Milk***

***Lemon pepper***

***1 yellow onion, sliced***

***1 green pepper, sliced***

***4 tablespoons butter***

***4 cups of your favorite Alfredo sauce***

***Salt and pepper (to taste)***

Serves: 3 - 4

## **Preparation and cooking instructions:**

Fillet catfish and remove blood-line. Marinate fillets in milk for 8-10 hrs. Remove fillets from milk, but leave moist, and shake on lemon pepper.

Put onions and pepper into a saucepan with butter and cook for 20 minutes. Add fillets to onion and peppers and cook on medium for 15-20 minutes (will vary according to thickness of fillet).

Add Alfredo sauce and cook on low heat for 15-20 minutes (until sauce is hot). Salt and pepper for taste.

## **Recommended side dishes:**

Creamy coleslaw, baked beans

My family and I live on the scenic Chippewa River and do a great deal of fishing. We love our walleye in early spring and lately I have relied on catfish throughout the summer. My brother-in-law from Louisiana was visiting last summer and we were experimenting with catfish recipes. We came up with this Alfredo Catfish recipe and everyone loved it. I know that everyone I share this with will enjoy it also. The recipe has a spicy cheese flavor. We usually fish for catfish in the evening using crawlers and stinkbait.





**Bloater chub**

# Chubs and Guts

Submitted by: John Kubisiak of Rhineland, WI

Serves: 2

**Recommended species for this recipe:** Bloater chubs (other whitefish or ciscoes may be substituted)

## **Ingredients:**

**6 bloater chubs (preferably fresh)**

**3/4 tablespoon salt**

## **Preparation and cooking instructions:**

Preheat oven to 350 degrees F.

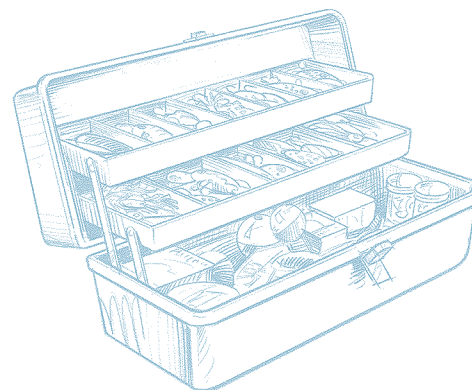
Gut chubs into an 8-inch dish or pan. Place chubs belly side down on top of gut contents.

Sprinkle liberally with salt.

Cover with tight lid or foil and bake for 30-40 minutes.

Serve piping on hot on crackers.

*This dish is inspired by the commercial fisherman's staple by the same name. Great Lakes gillnet operators clean and prepare a quick dish of chubs after lifting their nets and place it on the engine block to cook. After setting back a mile or more of nets, the chubs are ready for a healthy, nutritious snack before heading back to port. Chubs can be purchased from commercial fishers or fish houses, or anglers can catch their own.*





freshwater drum



# Thai Spicy Drum



Serves: 4

Submitted by: Ladd & Busara Bakalik of Mauston, WI

**Recommended species for this recipe:** Freshwater drum (sheepshead)

## **Ingredients:**

2 jalapeno or Serrano peppers

3 garlic cloves

1 fresh lime

6 tablespoons Thai fish sauce (such as NamPla)

1 teaspoon sugar (optional)

4 Freshwater Drum

1 fresh lemon

Fresh vegetables- cook's choice

Thai jasmine rice

## **Preparation and cooking instructions:**

Finely chop peppers and garlic. Put in a small bowl, then cut the lime in half and squeeze juice and pulp into the bowl. Add 4 to 6 tablespoons of Thai fish sauce to taste. Add sugar, if using, and whisk until dissolved. Set aside.

Scale freshly caught Drum thoroughly, leaving skin on. Remove entrails and gills, let soak in very cold water.

Prepare a fire using oak wood or a grill.

Insert a lemon slice into the fish cavity and pin in place with a toothpick. Lightly salt the fish on both sides before grilling. Grill until the flesh is opaque.

Lightly sprinkle the Spicy Thai Sauce on the fish and rice.  
*ENJOY!*

## **Recommended side dishes:**

Thai jasmine rice and fresh vegetable salad

My wife Busara brings the spicy taste of Thailand to grilled Wisconsin fish. Grilling fish over a fire or on a BBQ is a healthy and very tasty alternative to deep frying. Freshwater drum can be caught from many of Wisconsin's larger rivers and impoundments and is the best fish for grilling. It is a firm fish with large bones that are easily removed. When properly cooked, the bones will almost fall off this tasty meal.



# Gar on the Half-shell

Submitted by: Stan Nichols of McFarland, WI

Serves: 4-6

**Recommended species for this recipe:** Long- or shortnosed gar

## **Ingredients:**

1 Gar

Butter

Favorite seasoning

1 onion, sliced

*Servings vary depending on size of fish and your appetite! This recipe is best while camping on sandbars in places like the Lower Wisconsin River.*

*Gar is quite tasty and, contrary to popular belief, not bony. These fish are armor plated so the skin is tough to remove until they are cooked.*

## **Preparation:**

First, catch a gar. This is usually easily done off sandbars in the lower Wisconsin River. Roll the gar in dry sand on the sandbar and rinse thoroughly. This removes any slime.

Cut the head off the gar with a hatchet. Open the gut cavity and remove the entrails. Clean and wash the fish thoroughly, but do not try to skin or scale the fish, and never eat the eggs.

## **Cooking instructions:**

Prepare a campfire or very hot grill.

Place butter and seasoning inside the cavity and place sliced raw onions on the outside.

Wrap the fish tightly in two layers of aluminum foil. Bury the fish in the coals of your campfire or on a grill. Let it cook about 15 minutes and check it. It is done if the skin peels off easily and the meat falls away from the back bone. Make sure the fish is done, but don't overcook it.

## **Recommended side dishes:**

Your choice of vegetables cooked in foil, separate from the fish





**Largemouth bass**

# Sandy's Largemouth Bass Magic

Submitted by: Sandy Neuswanger of Hayward, WI

**Recommended species for this recipe:** Largemouth bass

## **Ingredients:**

Largemouth bass

Salt

Oat flour

1 egg (2 eggs if cooking many fish)

Italian style bread crumbs

Canola oil

*A note from my husband: Largemouth bass are a great sport fish and a fine food fish. Catch-and-release is appropriate in many waters, but selective harvest can be desirable in many waters.*

## **Preparation and cooking instructions:**

Fillet, remove skin, and debone fish as soon as possible. Slice away any thin strip of red meat along midline under skin (obvious in bigger fish). Rinse with clean cold water.

Cut fish into pieces that will fit into your deep fryer. Larger fillets (usually from plump largemouth bass 15 inches and longer) may be sliced horizontally into two pieces in order to reduce thickness and thereby enhance flavor once breaded.

Lay cold-rinsed pieces on a paper towel, lightly salt both sides. Coat pieces with oat flour (shaking in a bag works well).

Beat an egg with some salt and a little cold water as needed to make the egg stretch. If you have a lot of fish, use 2 eggs. Dip floured fish pieces in egg mix.

Roll the egg-covered pieces in a bowl with Italian style bread crumbs, and place on paper plates in a single layer until ready to fry.

Deep-fry in canola oil until breading is lightly browned or pieces float to the surface.



Yellow Perch

Black Crappie

## Panfish

Bluegill and sunfish



# Stuffed Crappie

Submitted by: Steve Gilbert of St. Germain, WI

**Recommended species for this recipe:** Crappie

## **Ingredients:**

6 large crappies

Stuffing Mixture

2 tablespoons butter

1/4 cup chopped green onion

2 tablespoons minced garlic

1/2 cup sliced mushrooms

3/4 cup white wine

1/4 teaspoon season salt

1/4 teaspoon black pepper

1 tablespoon minced parsley

1 cup cooked crab or crayfish meat

1 cup bread crumbs or crumbled corn bread

butter, melted

Paprika

Alfredo sauce (optional)

Serves: 4

## **Preparation and cooking instructions:**

Preheat oven to 350 degrees F.

Butterfly the crappies. Slice one side along the lateral line to the back of the rib cage to remove the row of small bones. Leave other side intact. Rinse the fillets and pat dry.

Next prepare the stuffing mixture. Place 2 tablespoons of butter in a large skillet. Sauté onions, garlic and mushrooms in skillet. Add wine, salt, pepper and parsley and simmer for about 5 minutes. Add drained crab meat (or chopped crayfish tail meat) and bread crumbs, mix, and remove from heat and let set.

Line a metal baking tray with foil and coat with olive oil. Melt butter in a small pot. Baste both sides of each intact fillet with the melted butter and lay it rib side up in the baking tray. Place several tablespoons of the stuffing mixture in the rib cavity.

Baste both sides of the top-side fillet with butter and lay it on top of its match, creating a pocket to allow the stuffing to stick out. Sprinkle the entire top of each fillet with paprika.

Bake for 35 minutes or until golden brown and the fillet becomes flaky. Serve as is or drizzle your favorite Alfredo sauce over the top.

## **Recommended side dishes:**

Cheese tortellini or ravioli

# Traditional Panfish Fillets

Submitted by: Kurt Welke of Madison, WI

Serves: 2-3

**Recommended species for this recipe:** Bluegill (or any panfish)

## **Ingredients:**

12-16 scaled bluegill fillets, rinsed

2 eggs (1 more egg if 16-20 fillets)

2 cups crushed corn flakes

Canola oil

Sea salt and pepper to taste

Fried panfish are a very popular Wisconsin tradition; we received variations on this recipe from many anglers. Modifications to the recipe above include using crushed saltines or Panko breadcrumbs for the coating and/or seasoning the breading with a spice blend (such as Cajun or lemon pepper). Also, try baking the fillets on a cookie sheet at 350 degrees F.

## **Preparation and cooking instructions:**

Rinse fillets and pat dry on paper towels.

Beat eggs in a deep bowl. Add fillets to egg wash and mix so all surfaces are coated.

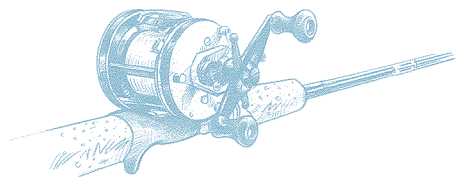
Crush corn flakes in plastic bag or between two sheets of wax paper using a rolling pin. Add crumbs to shallow pie plate. Place dredged fillets in crumbs and coat both sides of the fillets until completely covered.

Heat ¼" of oil in deep cast iron skillet until very hot. Put fillets into hot oil (the surface should sizzle immediately). Cook for approximately 2 minutes on each side, maintaining heat. Place on paper towels to drain off excess oil and keep warm in the oven until all fillets are cooked.

Add sea salt and fresh ground pepper to taste.

## **Recommended side dishes:**

Roasted parsley red potatoes and butter or brown sugar carrots



# Panfish Tacos

Submitted by: Larry Sperling of Madison, WI

Serves: 4

**Recommended species for this recipe:** Perch or bluegills  
(any firm panfish)

## **Ingredients:**

1-1/2 pounds scaled panfish fillets, rinsed

Fajita seasoning (your favorite brand or make your own)

4 tablespoons olive oil, divided

1 lb. bag of coleslaw cabbage mix (no dressing)

Juice from one lemon

Mango salsa or picante sauce

Sour cream

Sharp cheddar cheese, shredded

1 avocado, sliced

8 corn tortillas

Salt and pepper



## **Preparation and cooking instructions:**

Preheat oven to 325F.

Toss coleslaw mix with two tablespoons of olive oil. Add the juice from one lemon and salt and pepper to taste. Set aside.

Warm the tortillas for 10-12 minutes in the oven.

Pat the fillets dry and sprinkle both sides with fajita seasoning. Heat two tablespoons of olive oil in a nonstick pan and sauté the panfish for about three minutes per side, until the flesh is opaque. Do not overcook.

Place two small fillets on a taco. Add cabbage mix, salsa, a dab of sour cream, an avocado slice and a little cheese. Enjoy!

## **Recommended side dishes:**

Spanish rice, fresh fruit salad



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## Quick Baked Panfish

Submitted by: Gary Sacho of De Pere, WI

Serves: 2

**Recommended species for this recipe:** Bluegills or other panfish

### **Ingredients:**

5 scaled filleted fish, rinsed

1 can cream of onion soup

1 tablespoon of milk

1/2 stick butter- melted

1 tablespoon of lime juice

3/4 cup crushed sour cream and onion potato chips

Salt and pepper to taste

### **Preparation and cooking instructions:**

Preheat oven to 350 degrees F.

Mix soup and milk in a bowl. Dip fillets in mixture and place in an 11 x 7 inch baking dish coated with cooking spray. Sprinkle with salt and pepper.

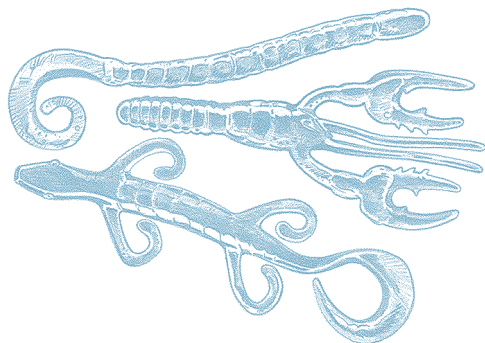
Combine butter and lime juice; pour over fillets. Top with crushed potato chips.

Bake uncovered for 17-20 minutes or until fish flakes easily with a fork.

### **Recommended side dishes:**

Onion soup

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# Gluten-free fish fry with Dippin' Spicy Mayo

Submitted by: Jon Hansen of Madison, WI

Serves: 4-6

**Recommended species for this recipe:** Panfish, bass, pike, or walleye

## Ingredients:

*Scaled, filleted, and rinsed bluegill, bass, pike or walleye*

## Spicy mayo

1 cup mayonnaise

1/4 cup spicy chili sauce (such as Sriracha brand)

1 lemon/lime juiced

2 teaspoon chopped fresh cilantro

## Egg mixture

2 eggs

1/2 cup milk

1 teaspoon lemon juice

## Dry batter

1 cup gluten-free corn flake crumbs

1/4 cup gluten-free all-purpose flour mix

1/4 cup almond flour

1/2 teaspoon pepper

1/2 teaspoon lemon pepper

1/4 teaspoon garlic salt

1/4 – 1/2 teaspoon dill weed

1/2 teaspoon paprika

1/4 teaspoon salt

Pinch of cayenne (optional)

## Preparation and cooking instructions:

Combine the ingredients for the spicy mayo and set aside. Whisk eggs, milk, and lemon juice together. Coat fillets in egg mixture.

Put the ingredients for the dry batter in a shallow bowl with a lid and shake to combine. Place first batch of fillets in dry batter and toss to coat all sides evenly.

Heat enough oil on med-high in heavy (preferably cast iron) pan so fillets will be nearly submerged. Oil is ready when drops of water sizzle and crackle immediately upon contact.

Place fillets skin side down in hot oil and fry for a few minutes on each side or until batter is crispy and fillets are firm and flake apart. Note: gluten-free batter will not brown up like other batters so you may need to go by feel more than color.

Place cooked fillets on paper towel to drain. Dip in the Spicy mayo and enjoy!

## Recommended side dishes:

Quinoa salad, corn on the cob, and/or coleslaw

*If you are sensitive to gluten, enjoy this easy recipe for a good old Wisconsin fish fry – for those that can eat gluten, can you tell the difference? Save extra dry batter for your next fish fry.*



**Rusty crayfish**

Rusty Crayfish © Gina Mikel



# Rusty Crayfish Quiche

Submitted by: Jon Motquin of Shawano, WI

Serves: 4

**Recommended species for this recipe:** Rusty Crayfish or firm fish

## Ingredients:

100 rusty crayfish

4 quarts water

Old Bay (or other Cajun seasoning)

1/8 lb wild leeks

1/4 lb morel mushrooms

2 tablespoons canola oil

2 tablespoons butter

4 eggs

Milk

2 teaspoons dried herb mixture (oregano and  
thyme recommended)

Salt and pepper as desired

## Preparation and cooking instructions:

Preheat oven to 350 degrees F.

Boil crayfish in water seasoned with Old Bay for 3 minutes.

Remove crayfish, cut off tails and de-vein the tail meat.  
Also remove meat from all sizeable claws.

Rough chop wild leeks and morels. Heat butter and oil  
in a pan, and sauté leeks and morels until softened.

Place rusty crayfish and leek/mushroom mixture into  
a pie pan.

Beat eggs with a dash of milk. Add in dried herbs.  
Salt and pepper to taste. Add eggs to the pie pan on  
top of the crayfish, leek and mushroom mixture.

Bake for 30 - 40 minutes until quiche is set.

You can help control invasive species by eating rusty crayfish – just make  
sure to follow local consumption advisories and fishing regulations!



Chinook

Salmon

Coho

# The Best Grilled Salmon (or Trout)



Serves 4

Submitted by: Kurt Welke of Madison, WI

**Recommended species for this recipe:** Salmon or trout

## **Ingredients:**

1 cup maple syrup

1/4 cup soy sauce

1 teaspoon lemon juice

2 tablespoons coarse ground black pepper

4 - 4 oz salmon fillets or 2-10" trout fillets,  
scaled and rinsed

## **Preparation and cooking instructions:**

Mix together first three ingredients to create a marinade. Place fillets flesh side down in 9x9 baking dish. Pour marinade over fillets, making sure all sides are coated. Marinate overnight for best results or for at least 4 hours.

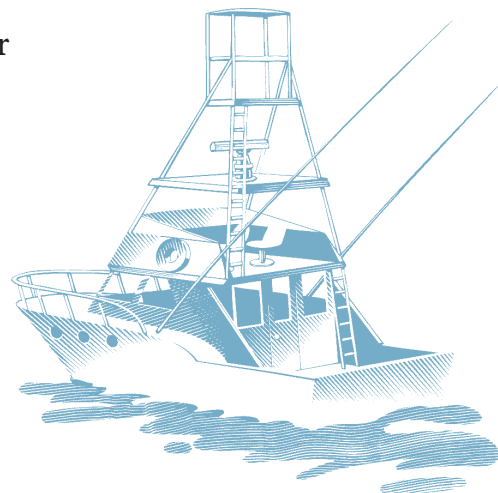
Preheat a grill.

Remove fish from marinade, pat dry. Sprinkle or grind black pepper onto the flesh side of the fillets to your preferred density.

Coat a fish basket with oil to prevent fish from sticking. Place fillets securely in the basket and grill 2-3 minutes on each side over very hot grill (no more than 5 minutes per inch of thickness).

## **Recommended side dishes:**

Grilled zucchini or eggplant and couscous or jazzed up rice (i.e. rice with onion, peppers, mushrooms or other savory bits).



Our family's fishing season starts in May with stream trout. We love the places where fish are found in the most beautiful state, Wisconsin.



# Asian Fusion Grilled Salmon

Submitted by: Martye Griffin of Madison, WI

**Recommended species for this recipe:** Salmon

## **Ingredients:**

**4, 1/2-lb salmon fillets, scaled and rinsed**

**Minced or crushed garlic**

**Brown sugar**

**Soy sauce**

*My inspiration for this recipe came from growing up on the shores of Lake Michigan in Racine and watching the salmon run up the Root River and trying to catch them at the dam.*



Serves: 4

## **Preparation and cooking instructions:**

Preheat grill to medium heat.

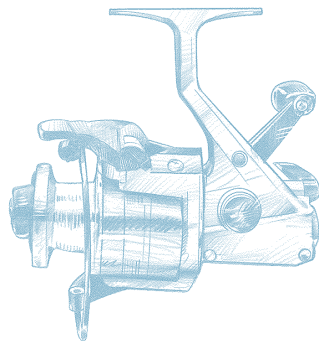
Rub crushed or minced garlic and brown sugar on salmon fillet (non-skin side).

Find a dish that will fit your fillets and cover the bottom of the dish with soy sauce, then place the fillets (garlic and brown sugar side facing down) into the soy sauce. Marinate for at least 20 minutes.

Place the fillets on the grill skin side down. Sprinkle a tiny bit more brown sugar on the fillets for caramelization. Cover grill and cook until fish are cooked to your liking. Do not flip. You know the fillet is done when it looks a little bit transparent only in the center (like a medium-well burger—slightly pink in the middle).

## **Recommended side dishes:**

Grilled asparagus or grilled cherry tomatoes with quinoa, Israeli couscous or roasted potatoes



# Salmon Surprise

Submitted by: Scott Otterson of Kiel, WI

**Recommended species for this recipe:** Salmon or trout

## **Ingredients:**

***2 fillets; 12-16" long, scaled and rinsed***

***Canola oil***

***1 lb medium sliced bacon***

***8 oz cream cheese***

***1 green pepper, sliced into rings***

***1 jalapeno pepper, sliced into rings***

***1 medium tomato, sliced***

***Salt and pepper to taste***

Serves: 6

## **Preparation and cooking instructions:**

Preheat grill to medium high.

Oil fish basket to prevent sticking.

In the basket layer the following: bacon, fish fillet, cream cheese (spread or place slices), green bell pepper rings, a few jalapeno pepper slices, a few slices of tomatoes, second fillet and finish off with a layer of bacon.

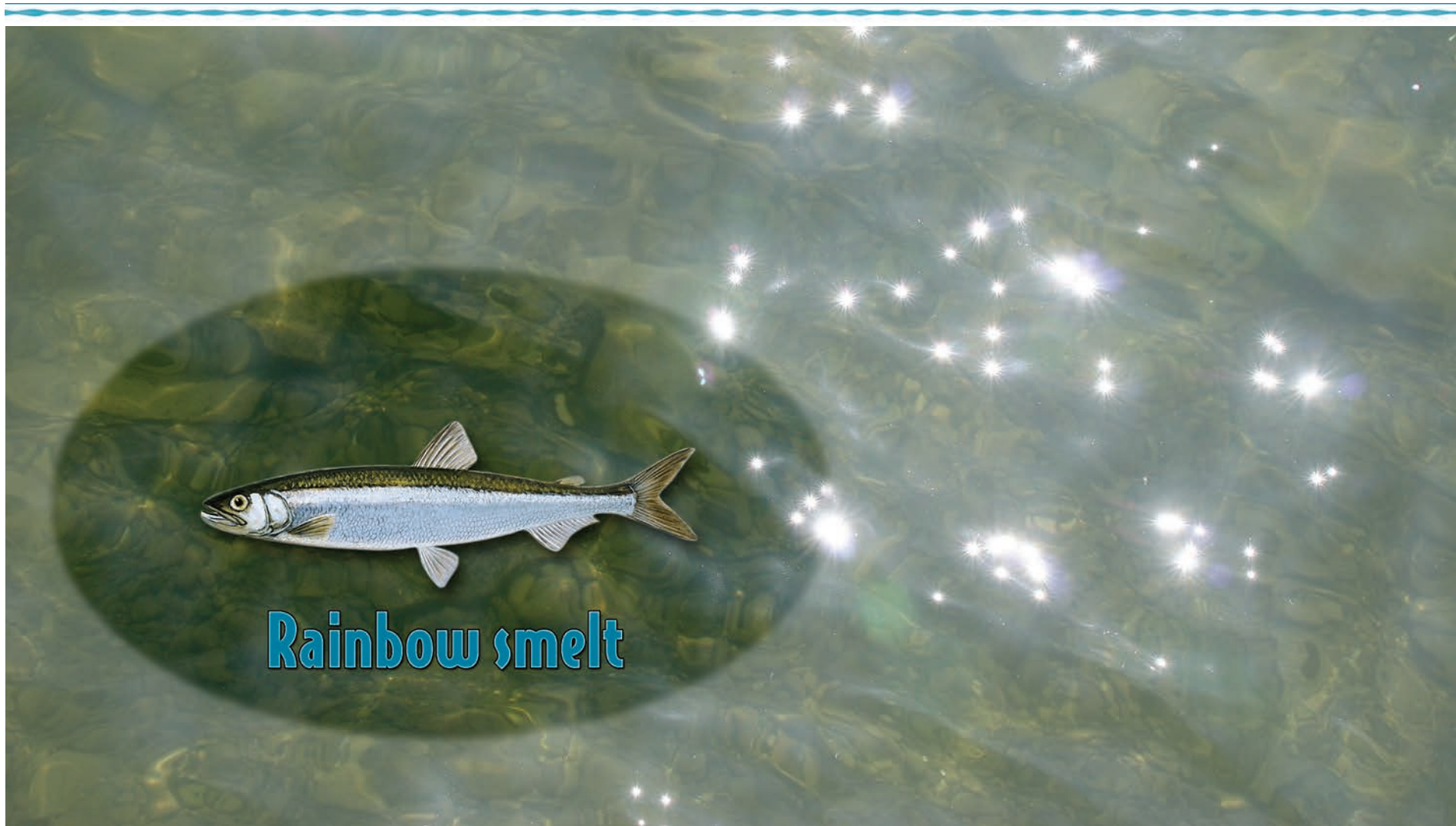
Close wire basket and place over grill. Turn as necessary to prevent bottom from burning and insure equal cooking on both sides. When the bacon becomes crispy, the fish should be flaky but moist. Usually takes around 15 minutes.

## **Recommended side dishes:**

A Wisconsin dark beer and/or veggies cooked with the fish.

Although this meal includes bacon and jalapenos, neither flavor overwhelms the fish. Instead, the combination keeps the fillets moist throughout the grilling.





**Rainbow smelt**



# Spicy Fried Smelt

Submitted by: Dr. Henry Anderson of Madison, WI

**Recommended species for this recipe:** Rainbow smelt

## Ingredients:

Whole smelt, fresh or frozen, rinsed

1/3 cup mayonnaise

1 tablespoon sweet pickle relish (or small capers and 1/4 teaspoon caper jar liquid)

1/4 teaspoon dry mustard

2 tablespoons flour

1 teaspoon of Cajun spices or your favorite spicy fish mix

Canola oil

Fresh parsley or cilantro, chopped

You can catch or buy smelt. The smaller ones are best for eating. Eat small smelt whole - no need to remove bones!

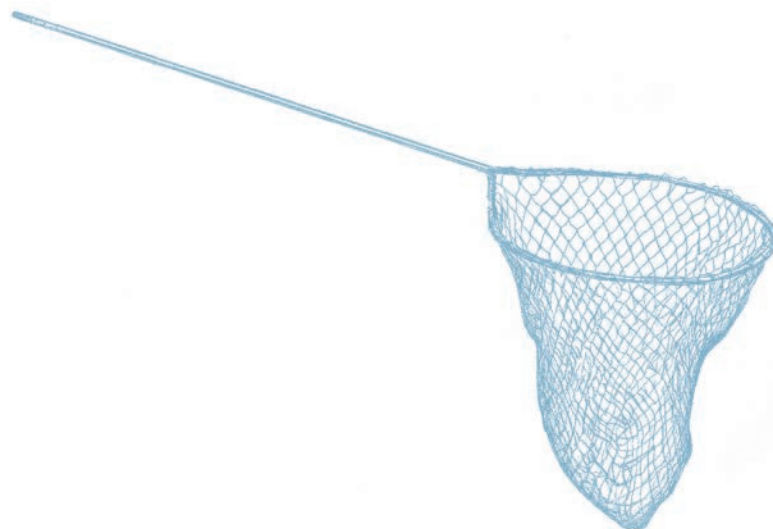
## Preparation and cooking instructions:

Combine the mayonnaise, sweet pickle relish, and dry mustard. Refrigerate until ready to use.

Put flour in a small paper bag. Add Cajun spices. Add whole smelt to bag and shake it to coat the fish with flour and spice mixture.

Add 1-2 tablespoons canola oil to heavy fry pan and preheat to medium high. Add floured fish. Brown on one side and then turn once. Remove after browned on both sides.

Garnish with parsley or cilantro and serve with tartar sauce.



# Baked Smelt



Submitted by Ted Treska of New Franken, WI

**Recommended species for this recipe:** Rainbow smelt

## Ingredients:

Whole smelt

Breading

Saltines or Panko breadcrumbs

Spices, such as:

Lemon Pepper

Cajun Seasoning, or seasoned salt

2 eggs

1/2 cup milk

Ketchup or cocktail sauce

Want to enjoy these tasty little fish without all the guilt?  
Baked smelt are just as delicious and even easier to prepare.  
Your kids will love to help you make the breading!

## **Preparation and cooking instructions:**

Preheat oven to 325F.

If you're using saltines, add to a large plastic bag and crush to medium-sized crumbs using a rolling pin (let your children help with this!). If you're using Panko breadcrumbs, there's no need to crush them.

Add whatever spices you like to the breadcrumbs and shake to combine.

Whisk egg and milk in a shallow dish. Dip smelt in egg mixture, then in breadcrumb mixture.

Cover a cookie sheet with foil (for easy cleanup), then place smelt on sheet, making sure that they are not touching.

Bake for 25-30 minutes until they start to brown.

Enjoy with ketchup or – if you're a daring Midwesterner – spicy cocktail sauce.



Lake sturgeon



# Winnebago-Style Smoked Sturgeon



Submitted by: Richard Braasch of Oshkosh, WI

**Recommended species for this recipe:** Lake Sturgeon

## **Ingredients:**

Lake sturgeon

9 quarts water

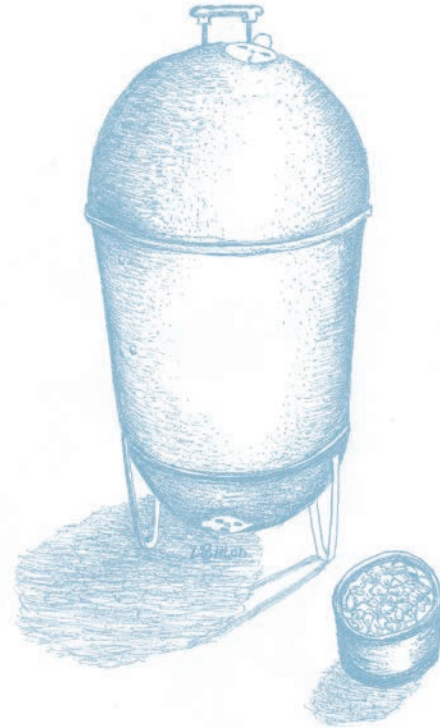
3/4 cup dark brown sugar

1/2 cup dark molasses

1/8 teaspoon prague powder  
(pink curing salt)

1 pint canning salt

Hickory chips (for smoker)



## **Preparation and cooking instructions:**

Clean slime off of sturgeon (tip: the pressure washer at a self-service car wash works well for big ones).  
Dress fish and cut steaks into 2 inch thick pieces

Mix water, brown sugar, molasses, prague powder and canning salt in a large plastic bucket. Immerse fish chunks in brine and refrigerate for 14 hours.  
Drain and rinse, then pat dry with paper towels.

Place hickory chips in your smoker, and follow the smoker's instructions for hot smoking of dense, thick fish fillets (this recipe suggests 160-170 degrees F for 6-8 hours).

Hint: see [www.youtube.com/watch?v=s8trej9vPgQ](http://www.youtube.com/watch?v=s8trej9vPgQ)  
for excellent tips on filleting sturgeon



Suckers

# Sucker Patties

Adapted from *A Fine Kettle of Fish* cookbook

Serves: 4

**Recommended species for this recipe:** White or redhorse sucker

## Ingredients:

3 lbs. boiled sucker (de-boned, see hints)

1 lb. raw potato, grated and drained

1 onion, grated and drained

1 large egg

1 tablespoon lemon juice

1 tablespoon Worcestershire sauce

Salt and pepper

Flour, as needed

Canola oil

## Preparation and cooking instructions:

Combine all ingredients, adding just enough flour to make the mixture stick together.

Form into patties and put in the refrigerator for 30 minutes to firm up.

Heat a few tablespoons of oil in the bottom of a heavy frying pan, then fry patties over medium heat until golden brown on the outside and cooked all the way through.

Hints for deboning suckers, pike and redhorse:

1. Process fillets through meat grinder.
2. Score the fillets before boiling to allow hot water to soften or dissolve bones.
3. Follow filleting instructions on page 44.



# Trout



Brown



Brook



Rainbow

# Hobo Shore Lunch Trout



Submitted by: Herby Radmann of Bullfrog's Fish Farm, Menomonie, WI Serves: 4

**Recommended species for this recipe:** Rainbow trout

## **Ingredients:**

**4-12" or 3/4 lb. rainbow trout**

**Fish spice mix (such as: Eat My Fish Hobo fish spice)**

**Lemon**

**Butter**

**Cooking oil**

**Salt to taste**

While the skins can provide protection from those irregular fires of a shore lunch, you will have mastered the grilling process when the trout are cooked "just right" and at the same time the skins become golden brown. This is a great recipe for both novices and "fish lovers" alike. Once you're familiar with the technique, the variations are endless!

## **Preparation and cooking instructions:**

Preheat grill or stove (depending on cooking method) to medium or medium-high. Don't overcook trout. You can tell when your trout are done by looking at the thicker part to see if the color change has made it to the center.

## **Grilled Fillets:**

Depending on your grill's grate spacing you may want to use a screen. Or, place aluminum foil over the grates and poke little holes in it here and there to let the flavor of the fire come through.

Brush the skin side of each fillet with oil, being careful not get too much oil on the meat side.

Place the fillets on the grill skin side down. Squeeze a liberal amount of lemon over the tops of the fillets then sprinkle with an even amount of fish spice (add more if you like it spicier). When they are close to being done, brush on a little melted butter.

## **Pan Fried Fillets:**

Put a tablespoon each of butter and oil into a pan (adding a little oil helps the butter tolerate the higher heat). Place fillets in the pan when the butter and oil are hot.

It is not necessary to flip these fillets but if you cannot resist, flip just before they are done and only for a moment or two.

## **Recommended side dishes:**

Cut fruit, fresh vegetables & grainy bread

# Stuffed Brook Trout

Submitted by: Jon Motquin of Shawano, WI



Serves: 4

**Recommended species for this recipe:** Brook trout  
(or other inland species)

## Ingredients:

4 butterflied brook trout fillets, scaled and rinsed

1 cup walnuts or wild hazelnuts

1-1/2 tablespoon fresh thyme

1-1/2 tablespoon fresh parsley

1 lemon, juiced

1 gallon bag of wild or store-bought grape leaves,  
soaked in water overnight (or for at least an hour)

## Preparation and cooking instructions:

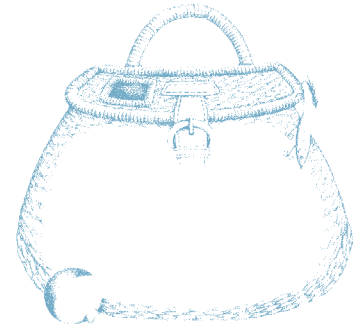
Preheat a grill to medium high heat.

Puree nut, thyme, and parsley in food processor.  
Add juice of 1 lemon into nut mixture.

Spoon nut mixture into trout. Wrap trout completely with wet grape leaves and then entirely in aluminum foil. Place fish on medium high grill or surround in coals on open fire for 15 minutes.

Remove foil packets and allow to cool. Serve fish along with grape leaves.

Recipe may also be tried with hickory nuts or butter nuts.  
You may also consider adding juniper berries.







# Parmesan Baked Walleye

Submitted by: Brandon Wambach of Stevens Point, WI

**Recommended species for this recipe:** Walleye, trout, salmon or whitefish

## **Ingredients:**

Walleye fillets

2/3 cup of mayonnaise

1/4 cup grated parmesan cheese

Lemon pepper or paprika (optional)

## **Preparation and cooking instructions:**

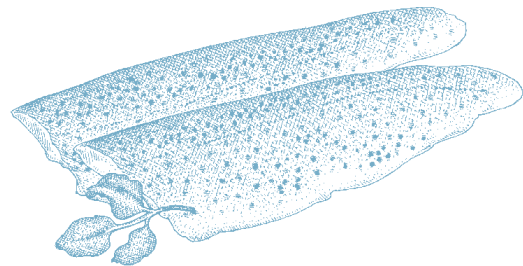
Preheat oven to 400F.

In a small bowl, combine the mayonnaise, parmesan cheese, and spices, if using. Coat the fillets with this mixture.

Place fillets in a baking dish or pan lined with parchment paper or a paper bag.

Bake uncovered for 15-20 minutes or until fish flakes easily with a fork.

I love this recipe because it is so simple and it also tastes great! I also recommend that if you have skin-on fillets, line the pan with parchment paper or a paper bag that is cut out slightly bigger than the fillet. The skin will stick to the bag and the paper will not burn at that temperature.





Lake whitefish



# The Cookery Whitefish Chowder

Submitted by: The Cookery Restaurant of Fish Creek, WI

Serves: 8

**Recommended species for this recipe:** Lake whitefish

## **Ingredients:**

2 cups water

1-1/2 pounds skinless whitefish fillets

1 teaspoon salt

2 cups peeled, diced potatoes

1/2 cup diced carrots

1 cup diced onion

1/2 cup diced green bell pepper

1/2 cup diced red bell pepper

1 to 2 teaspoons hot pepper sauce, to taste

2 teaspoons Angostura bitters (optional)

1/4 teaspoon freshly-ground black pepper

1 teaspoon garlic powder

4 cups milk

24 ounces bottled clam juice

1 tablespoon fresh lemon juice

1/2 cup bacon fat (from about 10 strips of bacon;  
may substitute cooking oil or butter)

1/2 cup flour

## **Preparation and cooking instructions:**

In 6-quart kettle or stockpot, place water and whitefish. Bring to boil over medium-high heat. Reduce heat and simmer, covered, 15 minutes or until fish flakes easily with fork. Remove fish from broth and set aside.

Add salt, potatoes, carrots, onion and green and red pepper to fish broth. Bring to boil, then reduce heat and simmer, covered, for about 30 minutes or until potatoes and carrots are tender. Add hot pepper sauce, bitters (if using), black pepper, garlic powder and milk. Combine clam juice and lemon juice; add to pot. Bring to boil; reduce heat and let simmer while making roux (see below).

**Roux:** In heavy, medium saucepan, heat bacon fat until completely melted and gradually whisk in flour. Let cook over medium heat, whisking constantly, for 1 minute. Gradually whisk roux into simmering chowder.

Gently stir in reserved fish; blend with other ingredients. Serve hot.

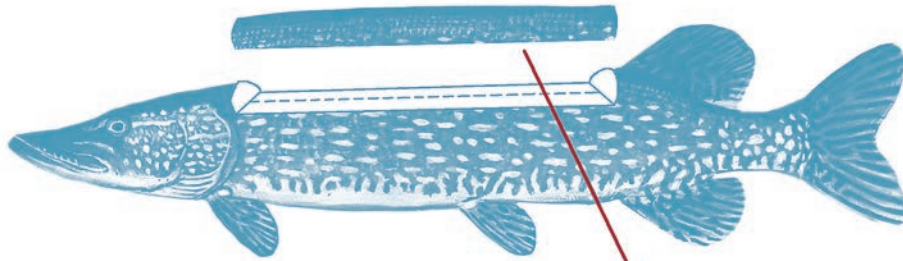
**Recommended side dishes:** Fresh bread

Carol Skare, of the Cookery Restaurant, got her inspiration for their whitefish chowder from a clam chowder recipe. When she realized how popular whitefish was in Door County, made famous in local fish boils, she decided to adapt the clam chowder recipe to reflect local flavors and traditions. It was a hit! Since then, the whitefish chowder has become a signature item on the menu of the Cookery Restaurant.

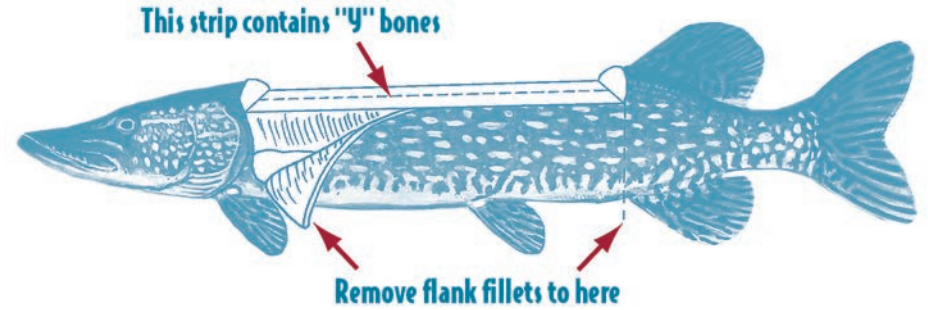
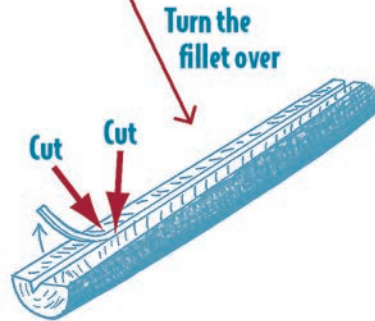


# How to Fillet Suckers, Northern Pike, and Redhorse to Remove "Y" Bones

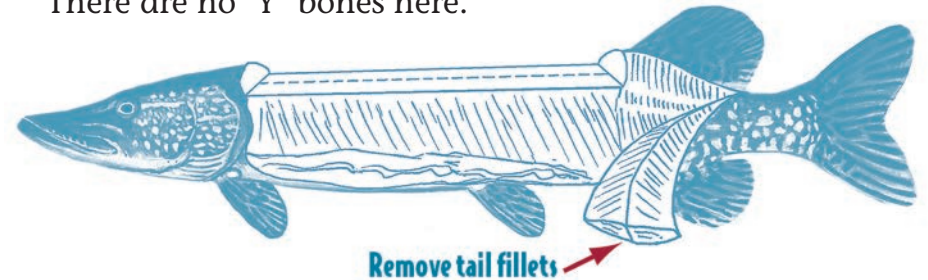
1. Make a vertical cut behind head down to, but **NOT** through, backbone. Turn knife horizontally and cut backward along top of backbone. You should be able to feel the blade "clicking" along the top of the "Y" bones.



2. There is a row of small bones down the center of the fillet. Remove them with a V-shaped, lengthwise cut along each side of the center bones.



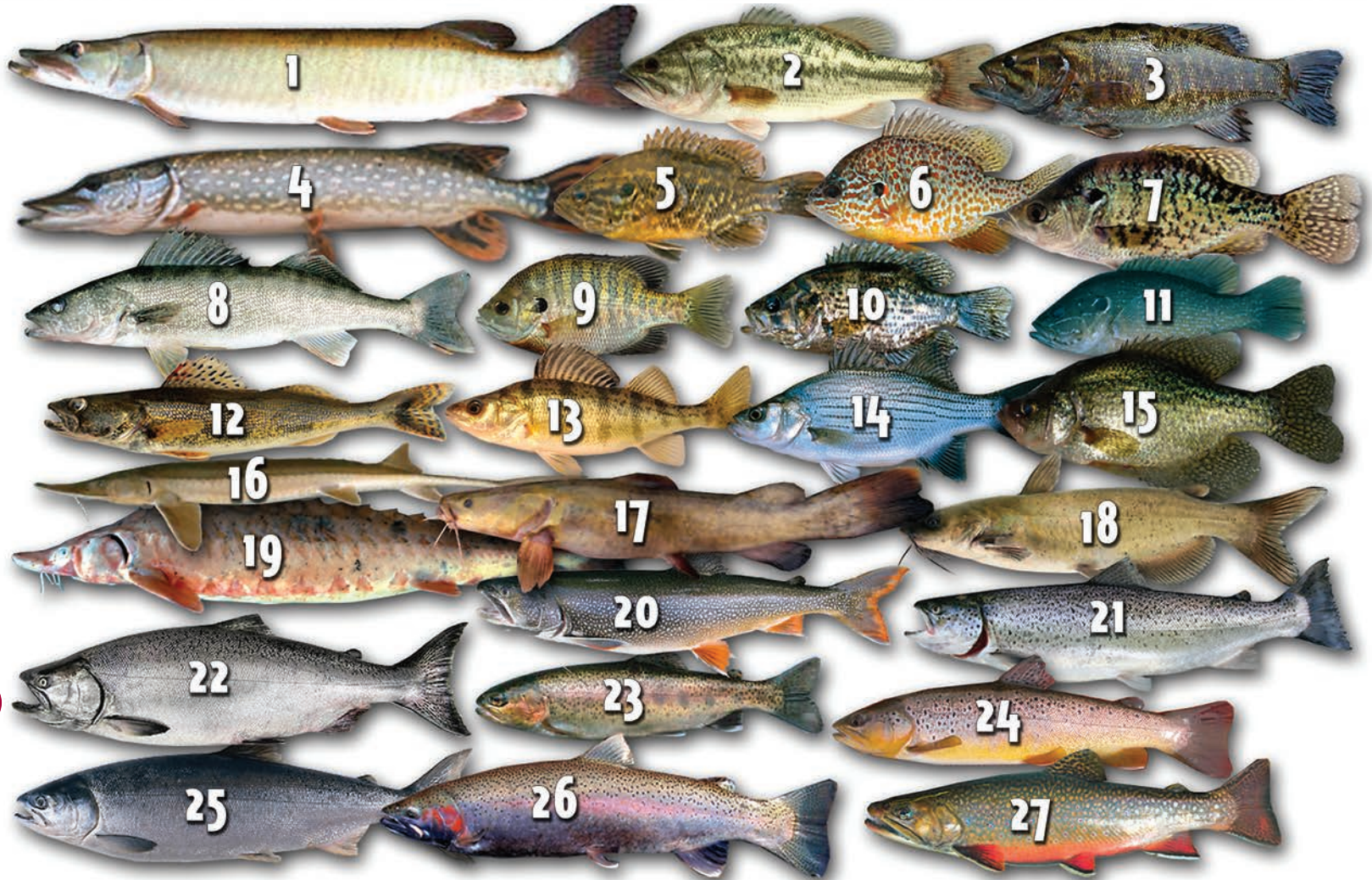
3. With the backbone exposed, a series of bones will be observed running parallel on both sides. Make a cut down and slightly inward along the outer edge of these bones. Work down and over the ribs and remove the flank fillet. Repeat for other side.
4. Cut fillet free from each side of dorsal fin back to tail. There are no "Y" bones here.



5. Skin each fillet. You now have five **bone-free** fillets.

# Popular fishes of Wisconsin

1. Muskellunge
2. Largemouth bass
3. Smallmouth bass
4. Northern pike
5. Warmouth
6. Pumpkinseed
7. White crappie
8. Walleye
9. Bluegill
10. Rock bass
11. Green sunfish
12. Sauger
13. Yellow perch
14. White bass
15. Black crappie
16. Shovelnose sturgeon
17. Flathead catfish
18. Channel catfish
19. Lake sturgeon
20. Lake trout
21. Brown trout (Great Lakes)
22. Chinook salmon
23. Rainbow trout
24. Brown trout (inland)
25. Coho salmon
26. Steelhead
27. Brook trout



Healthy Dishes with Wisconsin Fishes